

An Essay  
on the  
Moral and Physical effects of Tonics

Respectfully Submitted  
to The  
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We are told by Mr Webster that the word tonic means a drug that will produce an effect on the muscles or nervous system or on some other part of the animal economy, and when given as a medicine it increases the strength and tone of the system obviating the effects of debility and restoring health to the functions.

The above definition gives us to understand that Mr Webster did not fully comprehend the great law of cure.

There are diseases that give strength to the muscular system which he called tonic spasm the effects are however very different,

In the former case, where a drug  
is given its effects are continuous,  
end<sup>x</sup>orsing for a length of time, if the  
dose is repeated it will continue unt  
-til the system sinks or is worn out  
and refuses to be acted upon by it,

In the other case when disease  
produces a tonic or spasm, the mus-  
cular fibres are contracted and  
relaxed in quick succession and produce  
a jerking and the appearance of great  
agitation, sometimes however the  
spasms continue for a length of  
time, in case of tetanus or lockjaw  
in that case the muscles <sup>are</sup> drawn very  
tense and of an astonishing rigid-  
ity and sometimes lasts for a num-  
ber of days, There is not a doubt



that a tonic increases strength  
but the question is asked from whence  
is this strength derived does the stim-  
ulant aid nature in accumulating  
strength? or does it make a direct  
draft on her without giving her  
an equivalent and after that stre-  
ngth ~~that~~<sup>is</sup> spent will not the system  
be more reduced and languid  
than it was before? There is not  
a doubt but it will, and that  
is not all, the system will receive  
such a shock that it will take  
some length of time to repair it.

We will now turn our attention  
to some one of more of what is  
called cerebral tonics—Alcohol  
stands at the head of the list



and of all others it is used most in  
bath private and professional practice  
and there is no other one that has  
done so much harm, some imagine  
that there are but few pairs but that  
can be relieved by it,

We will enquire  
what are its effects on the  
physical system, when taken  
in small quantities it exhilarates  
the powers of both body and  
mind and the man can put  
forth more strength and can per-  
form a greater amount of physical  
labour for a given <sup>time</sup> than he could  
without it, he then sinks down  
incapable of performing any amount  
of labour until the system has

regained its strength by rest, in  
like manner when taken for disease  
it may seem to relieve for the mo-  
ment but soon reaction comes on  
the patient then sinks far below  
what he would have done had <sup>he</sup> not  
taken it, thus momentary relief  
has been bought at a dear rate.

This is not all, the moral effects  
are worse than the physical, who  
can behold the man who has  
become an inebriate from hooking  
the appetite <sup>formed by</sup> taking Brandy as a  
medicine without feelings of disgust,  
see the contrast! once a man in  
prosperous business, now in want &  
poverty, once a kind father, now  
a fiend making his family as

miserable as they can be, once a  
good neighbour and friend now an  
enemy to all around, he soon  
finds himself in want and an  
out-cast, how deplorable—

But still there is another stim-  
ulant, which is a much paired  
remedy with the old school phisic,  
its physical effects are very marked  
and destructive, we mean Opium,  
Perhaps we cannot get a better  
picture than by looking at those  
who are in the habit of using  
it as a stimulant. After the  
system has been under its influence  
a little time we see the strong man  
become emaciated trembling and  
tattering about, with a ghastly look



his digestive organs deranged and  
dyspeptic nervous and entirely un-  
aided for all business, some convulsions,  
when its use is protracted for some  
length of time epileptic fits con-  
vulsion with entire loss of consci-  
ousness, soon Paralysis follows and  
Dropsical swellings of the whole Body  
and death will soon come to their  
relief

When we look at its moral  
effects, we still find a dark picture,  
the patient becomes careless, with  
great anxiety, & inquietude, with fick-  
leness of mind with a tendency to  
be frightened, then rash, inconsiden-  
ate; Again he becomes bold, then  
frank, with appreciable reverses

Then stupor, loss of consciousness, again,  
a great flow of ideas, with a disposition  
to make profound reflections, some  
then come on mania deliriums,  
with frightful visions of all kinds  
of hideous animals and imps which  
seem to come from no other place  
than the infernal regions.

These above are some of the effects of  
eating Opium. It is a very com-  
mon thing to see patients under  
old school treatment exhibit all  
the above symptoms, and ~~these~~ <sup>are</sup> thousands  
every year ~~drawn~~ drawn into this  
voluntary pool of destruction.

Ferrum is another tonic which is  
much praised by many Physicians  
they imagine that by administering it

in large doses it will contribute to supply the deficiency of blood, it is given to patients that are pale and emaciated and seem to be in want of more nutriment, to the system, others think that everything that is red will make blood, others think that because iron is found in blood by giving it, there will be deposits left in the system to supply the deficiency.

I saw a young lady a few days since who had been under Allopathic treatment for four or five months by one of our most distinguished Physicians in this City, she said she had not taken anything but Iron, her entire group of symptoms showed a more beautiful



pouring of Metallic Iron, as it is laid  
down in the *Materia Medica* she  
had taken it until <sup>her</sup> stomach had  
become in such a state that it re-  
jected all kinds of medicine (Alopathy)  
and ~~but~~ little food, she was poor  
and emaciated and pale and quite  
discouraged she is now under Home-  
treatment, time can only <sup>show</sup> what the  
result will be, at ~~the~~ present time  
indications are favourable —

Another is another remedy that is much  
used together with chloroform it is  
used to relieve pains they are  
considered very formidable medicines  
although they sometimes prove fatal  
they are much used on the most  
trivial occasions —

There are a great number of articles that are called tonics which are supposed to act on different parts of the animal economy, But to one who understands the law of cure it seems almost ridiculous to suppose diseases can be cured rapidly and speedily with heavy doses of drugs.

But there are another class of stimulents called the Excito.

Motor. Stimulent to this class belong Strychnos or Nux Vomica and the ergot they are used by old school Physicians sometimes, to produce energy when there is torpor or paralytic condition of the muscles, but when the brain is involved or any

organic lesions of that organ  
they not, Strychnos or Nut Korn is often  
used to remove pain, they are  
they not narcotic, - neither is the  
pulse effected by it, But they  
have a very decided action on  
the spinal marrow, and when  
given in large doses they produce  
deafness and many other frightful  
symptoms such as attacks of convul-  
sions, tetanus rattling respiration,  
with cries, throwing back the  
head, tremor of the limbs, vom-  
iting, profuse sweat, sometimes  
an attack of chorea, followed by a  
sensation of numbness, in all the  
parts, the above are some of the  
effect of these deadly drugs yet



notwithstanding the effects are so  
marked and destructive they are often  
given with impunity to patients  
untill they are dragged within an inch  
of their lives, this done with the  
vain hope often times, that when  
the effect of the medicine leaves  
it will carry the pain and dis-  
ease with it, how false the notion.

Moral Symptoms, sorrowful  
and morose sad humour with  
a desire to weep without being able to  
do so, Melancholy, with great  
uneasiness, Desire for solitude &  
repose, Anxiety and excessive unea-  
siness agitation which allows no  
rest and urges one to commit  
suicide —

On casting our minds over  
the effects of a few of those heroic  
tonics which are much less injuri-  
ous to the system than many other  
medicines given by the old school  
practitioners, there is a dread and  
revolting feeling comes over us,  
& seems to forbid our ever meddling  
with those uncertain remedies and  
one often led to say, taste not  
taste not, and give not those  
doddering drugs.

If I did not  
believe that Home<sup>r</sup> had a better law  
of cure, and that cures can be  
made with more safety to the  
patient and in less time, I never  
would visit a patient with a view

that of easing their pain or cur-  
ing their disease

How grateful  
ought every Homo. Philo. to feel that  
he has been enabled to see this beau-  
tiful law which commends itself so  
clearly to every honest mind.



